

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1 (currently amended): A food product comprising in percent by weight of dry matter, 0.5 to about ~~[[ - ]]~~5% of a viscous soluble fibre, 2 to about ~~[[ - ]]~~20% oat bran concentrate, and 7 ~~10~~ to about ~~[[ - ]]~~~~35~~ 30% cereal bran.

Claim 2 (previously presented): The food product according to claim 1, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.

Claim 3 (previously presented): The food product according to claim 1, wherein the cereal bran is selected from the group consisting of wheat-, barley-, oat bran and mixtures thereof.

Claim 4 (previously presented): The food product according to claim 1, further comprising ingredients selected from the group consisting of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to about 85% by weight of dry matter.

Claim 5 (previously presented): The food product according to claim 1, which is in a form selected from the group consisting of a bar, a snack and a biscuit.

Claim 6 (previously presented): The food product according to claim 1, which is designed for endurance sports or for food intake control.

Claim 7 (previously presented): The product according to claim 1, which is designed for diabetic patients.

Claims 8-9 (canceled):

Claim 10 (currently amended): A method for preparing a food product, the method comprising ~~the steps of~~ using 1 to about ~~[[ - ]]~~4%, in percent by weight of dry matter, of a viscous soluble fibre, 4 to about ~~[[ - ]]~~16% oat bran concentrate, and 10 to about ~~[[ - ]]~~30% oat bran in the preparation of ~~[[ a ]]~~ the food product.

Claim 11 (previously presented): The method of claim 8, wherein the oat bran is an oat bran concentrate.

Claim 12 (previously presented): The method of claim 9 comprising the step of adding the cereal bran to the viscous soluble fiber and an oat bran concentrate.

Claim 13 (previously presented): A method for reducing the appearance of glucose in the blood in response to a food product comprising the step of using in the food product 1 to about 4%, in percent by weight of dry matter, of a viscous soluble fibre, 4 to about 16% oat bran concentrate, and 10 to about 30% oat bran in the preparation of the food product.

Claim 14 (previously presented): The method according to claim 13, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.

Claim 15 (previously presented): The method according to claim 13, wherein the cereal bran is selected from the group consisting of wheat-, barley-, oat bran and mixtures thereof.

Claim 16 (previously presented): The method according to claim 13, wherein the food product comprises ingredients selected from the group consisting of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to 85% by weight of dry matter.

Claim 17 (previously presented): The method according to claim 13, wherein the food product is in a form selected from the group consisting of a bar, a snack and a biscuit.

Claim 18 (currently amended): A method for reducing food intake in an individual comprising the steps of feeding the individual a food product comprising in percent by weight of dry matter, 0.5 to about 5% of a viscous soluble fibre, 2 to about 20% oat bran concentrate, and ~~7~~ 10 to about ~~35~~ 30% cereal bran.

Claim 19 (previously presented): The method according to claim 18, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.

Claim 20 (previously presented): The method according to claim 18, wherein the cereal bran is selected from the group consisting of wheat-, barley-, oat bran and mixtures thereof.

Claim 21 (previously presented): The method according to claim 18, wherein the food product comprises ingredients selected from the group consisting of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to 85% by weight of dry matter.

Claim 22 (previously presented): The method according to claim 18, wherein the food product is in a form selected from the group consisting of a bar, a snack and a biscuit.

Claim 23 (currently amended): A method for providing nutrition to a diabetic patient comprising the steps of ~~feeding~~ feeding the diabetic patient a food product comprising in percent by weight of dry matter, 0.5 to about 5% of a viscous soluble fibre, 2 to about 20% oat bran concentrate, and ~~7~~ 10 to about ~~35~~ 30% cereal bran.

Claim 24 (previously presented): The method according to claim 23, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.

Claim 25 (previously presented): The method according to claim 23, wherein the cereal bran is selected from the group consisting of wheat-, barley-, oat bran and mixtures thereof.

Claim 26 (previously presented): The method according to claim 23, wherein the food product comprises ingredients selected from the group consisting of bulk sweeteners, fats, other cereals, fruits, nuts, and mixtures thereof, in total amounts of 33 to 85% by weight of dry matter.

Claim 27 (previously presented): The method according to claim 23, wherein the food product is in a form selected from the group consisting of a bar, a snack and a biscuit.

Claim 28 (currently amended): The method according to claim ~~1~~ 23, wherein the viscous soluble fibre is selected from the group consisting of guar gum, xanthan, konjac mannan, and mixtures thereof.